

Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

March 2011

Status of ministry since last Report

Notes of Particular Importance

- **Joys**
 - Month of March spent helping care for my grandson Nathaniel King
 - Very Successful Retreat for UU Mental Health Caucus in New York
 - Ministerial Continuing Education at Asilomar with Peter Morales

Education

Classes and Seminars Given

- Led a mental health workshop at the Mount Diablo UU Church on February 5 with 20 people attending. Very well received.

Classes, Conferences and Seminars Taken and Planned

- Taking Starr King School for the Ministry class *Mental Health and Oppression in the US* taught on-line by a friend of mine from seminary. I am enjoying reading about mental health from a different and humbling perspective. An excellent class.
- Attended a 3-day seminar by Rev. Peter Morales, president of the UUA, on *Growing Our Movement – The Role of the Minister*. This was an excellent opportunity to see how Peter's mind ticked. He had us create 5-year plans for our ministry, which was very valuable for me. I also got to speak to him briefly and to the class about my plans.
- Participated in a SAMHSA ADS Center Training Teleconference - *Housing, Homelessness, and Social Inclusion: Essential Elements of Healthy Communities* on February 23, 2011. I particularly appreciated the story of a man who had been homeless and how he made it back into working and getting a home.
- Participated in a SAMHSA ADS Center Training Teleconference - *"The Impact of Trauma on Wellness: Implications for Comprehensive Systems Change,"* on March 30, 2011. I appreciated learning how childhood trauma sits at the root of many later mental health problems, and how those who serve can help to create trauma-informed support.

Healing

Reaching Across

Continued compensated job at Reaching Across organization, for quarter-time work. Attend Monday support group meetings, two Interfaith Support Groups per month, most Wednesday group activities, and Friday craft days.

Support Groups

- Continued co-leading interfaith support group for people with depression and sadness.
- Continued to recommend support group for families of those with mental illness.

Pastoral Associates

- Prepared training materials for Pastoral Associates at their monthly meetings. Trainings on Victims of Crime and Elder Care.

Mental Health Committee

- Planning a mental health movie night in May to show *The Soloist*.

- Planning to participate in the NAMI Walk in May.

Spiritual Direction

- Joined the UU Spiritual Directors Network www.uusdn.org

Priestly

- Worship leader on January 2 in Los Gatos on the subject of “Lessons Learned on the Streets of the Tenderloin”.
- Worship leader on Feb 6 at MPUUC on “Spiritual Direction”.
- Attended monthly Pastoral Associates meetings, and prepared training for each meeting.

Social Justice

Community Awareness

- *Mental Health Matters* Public Access TV Show
 - P.E.E.R.S. continue to tape a second show each month for Mental Health Matters.
 - Taped shows on “Sexuality” in January, “Writing to Ease Depression” in February, and “Seasonal Affective Disorder” in December. P.E.E.R.S. taped shows: “Native American Mental health” in January, and “Transition Aged Youth” in March.
 - Shows continue to be broadcast throughout Alameda County on Comcast TV as well as being available from anywhere on the internet.
- Mental Health pages on MPUUC web site continue to be widely accessed.
- Created web site for Tri-Cities Interfaith Council www.tcicouncil.org. Completed 3 years as secretary for the group.
- Signed Clergy Call to Accountability Letter to Castlewood Country Club for their inhumane and unfair dealings with the unions that service the club’s property by a lockout lasting over a year.

UUA Accessibility Group

- Leader of the Mental Health Caucus under the auspices of Equal Access. Led a 3-day meeting in New York for 5 UUs who are mental health leaders to plot our strategy over the next 5 years and beyond. Very successful – lots of bonding, fun and work of substance.
- Continued to maintain the website for the new UU accessibility group *Equal Access*. Take a look at www.equualaccess.org.
- As chair of the Policies committee for Equal Access, collected policies for each of the disabilities and identified who would be the recipients of these policies within the UUA administration. Document out for review among board of Equal Access.

UUA Addictions Ministry

- As member of the UUA Addictions Ministry, got their website set up with initial content: www.uuaddictionsministry.org. Working to create a group to add to it and keep it up to date.
- Helping to create a proposal for spending Association Sunday offering to support addictions and mental health work.

Other

Books Read

- *Crazy Like Us- The Globalization of the American Psyche* by Ethan Watters, Free Press, 2010. How mental symptoms in response to a stressful experience can differ between cultures, and therefore how the use of the DSM across cultures sometimes is not appropriate. Examples are: PTSD after a tsunami in Sri Lanka, schizophrenia in Zanzibar, depression in Japan and anorexia in Hong Kong. Fascinating!

- *Kindling Desire for God – Preaching as Spiritual Direction*, by Kay L. Northcutt, Fortress Press, 2009. Proposes a new paradigm for preaching by focusing on the aim of a sermon – the spiritual formation of the congregation.
- *On Becoming a Person* by Carl Rogers, Sentry edition, 1961. This is a classic book by the psychotherapist who invented client centered therapy. I read it a number of years ago and it is a pleasure to read it again. I forgot how much I liked it.
- *The Immortal Life of Henrietta Lacks*, by Rebecca Skloot, Crown Books, 2010. Fascinating tale of how the cancer cells of an African American woman became extremely important in the cancer research world, and of her impoverished family who didn't know about it until 20 years later.

Personal

- Need to continually work at life balance and stress management.
- Took off month of March to help daughter with baby boy. Intend to have a continuing role in his care one day a week. Will cut back on other activities if necessary for this important priority in my life.

Other

- Met with Community Ministry Advisory Committee every quarter
- Attended MPUUC Board meetings.
- Attended community ministry meetings with local community ministers.

2011 Development Plan

Area	Plans	Time line	Measurement	Status
Continuing education:				
Take one or two classes a year	Investigate classes to take in the next year	Ongoing- Identify classes	Take classes by December 2011	
Attend GA	GA in June	June 2011	Event attended	
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 1:	Attended by Dec. 2011	
Areas for growth in the next 2 yrs:				
Continue producing TV program	Work on developing education using DVDs	Work with PEERS to identify possible users of programs	Ongoing	
Continue working on preaching style	Work with preaching professor and drama coach	As speaking engagements show up	Style continues to improve.	
Establish Spiritual Direction practice	Announce the beginning of my spiritual direction practice.	On-going	On-going	Brochures. Worship Service. Joined UUA SD network
Long term possibilities				
Explore and enhance my creativity	Center for Creative Exploration The Painting Studio 300 Chenery Street, SF 415.333.9515			
Explore getting a Doctor of Ministry	Evaluate program at Pacific School for Religion	December 2011	Evaluate program by Dec 2011	